

# Finding the Correct Ski Fit

\*\*Excerpts from skipost.com\*\*

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## Ski Fit

Any ski, skate or classic, must be properly sized based on your weight and a few other factors. Are you in worse or better shape than you were when your present skis were new? Do you ski more or less than when you purchased your skis? Has your technique improved or declined. Do you ski more aggressively now than in the past or now do you just go out and cruise? If any of this has changed you may need new skis to match the new you.

When I was racing fulltime I would enjoy and benefit from a much stiffer ski (both classic and skate) then I do now. Now I ski a classical ski that closes at only 52% of my body weight. With these skis all I have to do is slightly shift my weight and I get tremendous kick with no compromise in glide. With my skating skis, I would have raced on the new SkateCut at 125% of my body weight because I had a much more energetic weight transfer than I do now. I now ski on SkateCuts that are at 110% of my body weight. I transfer the same weight but I do it more gradually now, as I prefer to just cruise through the trails. So my present skis need to be softer to match the softer and gentler me. If your present skis fit you then you need to determine if the new ski technology and fresh ski bases will make skiing more enjoyable for you.

### **Are my classical and touring skis the correct stiffness for me?**

If your classical skis are too stiff for your weight and technique, you will not be able to engage the bridge (kick wax or crown pattern) onto the snow during the push-off phase, and you will constantly slip due to lack of kick. If your skis are too soft for your weight, the kick wax or crown pattern will continually be dragging on the snow, and your gliding will be greatly impaired. If your skis are flexed correctly you will find that you will glide easily downhill and carry your momentum on the flats and with a slight weight shift onto your kicking ski the bridge will close. This will allow your kick wax (or crown) to bind with the snow crystals and your kick to propel you forward. If you struggle getting kick or glide, your skis do not fit you. Most people have classical skis that are too stiff for them, which makes going uphill very difficult and classical skiing very frustrating.

### **Testing the fit of new or old classical skis**

If you wish to conduct a rudimentary test of your classical skis place your skis together, base-to-base. Hold the skis on the binding plate. With one hand, squeeze the bases together as hard as you can. If you can force the bridge (kick zone) of the bases to touch with only one hand, your skis are most likely too soft. If the kick zone remains apart with one hand then the skis are likely not too soft. Now try squeezing the skis together with two hands. If you squeeze the skis together as hard as you can with two hands and you cannot close the kick zone between your hands then your skis are likely too stiff. This is a simple test that will only work to expose skis that are way too stiff or way too soft.

### **Testing the fit of new or old skating skis**

If you wish to test the flex of your skate skis, place your skis together, base-to-base. Hold the skis on the binding plate. With two hands, squeeze the bases together as hard as you can. If you can force the mid-section of the bases between your hands to touch, your skis are most likely too soft. It is very difficult to test if skate skis are too stiff because you need your skate skis to be stiffer than your body weight. But if you are using two hands to compress your skis and the skis do not close anywhere near the back of your binding plate, the skis are likely to stiff.

If your skis pass these tests then they should be tested at a ski retailer with a flat testing board or talk to the coaches for any help you may need.